



Detect. Prevent. Treat. Reverse.

Leaders in Precision Medicine

Personalizing Medical Wellness and Anti-Aging

## Dr. Elaine Chin M.D., M.B.A.

As a seasoned medical doctor, health coach, and bestselling author, I'm on a mission to educate people on how to live a longer, more rewarding, and disease-free life. After seeing the impact that failing health had on those around me, I developed my proactive approach to disease prevention. I believe people can conquer their health fears by arming themselves with knowledge, insight and an action plan to prevent heart disease, diabetes, cancer, dementia and more, while also improving personal health and mental acuity.

That's why I founded the Executive Health Centre and our virtual health offering, Health-in-a-Box, where we put precision medicine diagnostics into action. Our clients receive personalized health biometric assessments, which we use to develop their customized action plans and track their progress. This helps clients make healthy lifestyle changes to achieve peak health for peak performance.

A handwritten signature in black ink that reads "Elaine".



## You deserve the best. Your life depends on it.

The team at Executive Health Centre are expert practitioners of personalized medicine and skilled curators of evidence based precision medicine diagnostics. We help our clients reduce their risks of life-threatening conditions such as heart disease and stroke, cancer, diabetes, dementia and more. Ultimately, we all support our clients on how to live life in peak health, physically and mentally.

Health is more than just treating what ails you. It's about taking a holistic approach to managing and optimizing your wellbeing. We are recognized for leading the way in integrating health professionals comprised of physicians, naturopathic doctors, nutritionist and mental health professionals who understand how to integrate our most current diagnostic tests into your personalized health action plan.



ONE ADDRESS for your total  
medical wellness and anti-aging needs

# Total Health

Our approach is to help you develop physical and mental resiliency through high touch, personalized care.

We begin by developing a customized program, leveraging proven precision medicine. Your biometric data will predict, prevent and aid in early detection of diseases. Knowing your unique genetics and physiology will not only help us determine the best approaches to track and manage your health risks, but also address your anti-aging desires.

Your physician and naturopathic doctor team will work with you to develop a holistic health action plan. Our wellness professionals will support your rejuvenation desires.



# Rejuvenation

## IV Therapy

Vitamin and mineral infusions are used to manage functional nutrient deficiencies, fatigue, and dehydration. Our IV Infusion formulations deliver vitamins, minerals and amino acids directly into the blood and are specifically designed to meet your health needs.

## Acupuncture

The practice of acupuncture is centuries-old and has proven to relieve symptoms, such as headaches, anxiety and stress, as well as improve mood and digestion. Our facial acupuncture increases blood flow to the face to boost collagen production for younger, better looking skin.

## Platelet-Rich Plasma (PRP) Treatment

PRP treatment is a ground-breaking, non-surgical healing treatment that leverages your body's own healing 'ingredients' stored in platelets. Your PRP serum is then re-injected back into your skin in order to stimulate new hair growth, boost collagen production and increase the dermal elasticity of the skin.

## Flawless Facial

Our flawless skin program reawakens the skin, tightens pores, and softens fine lines and wrinkles creating a natural facelift effect. The flawless facial program integrates acupuncture techniques with science-based growth factors and bioactive serum pearls.

# Virtual Health

Health-in-a-Box comes to you from global experts in personalized preventative medicine who founded [Executive Health Centre](#). We deliver a virtual health solution to both consumers and health professionals who want to take advantage of simple and proactive lab tests that are actionable.

Health-in-a-Box  
makes personalized  
medicine  
truly accessible to  
everyone.



## STEP 1

Order your program and receive your self-testing kits



## STEP 2

Collect and ship your samples back to us



## STEP 3

Receive your results on a secure portal



## STEP 4

Review your results with your health professionals



## STEP 5

Create an action plan based on your metrics



## STEP 6

Get coaching support to manage change